



Unitarian Universalist Fellowship of Ames

May 2011

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Sunday Services at 9:30 am and 11:30 am, except as noted below

1 *Peace, Liberty and Justice for All*

Rev. Charlotte Cowtan

As a UU congregation we covenant to affirm and promote: “A world community with peace, liberty and justice for all.” This Sunday I will look at this principle in the light of the current immigration reform debate.

8 *Of Woman Born*

Rev. Charlotte Cowtan

The one thing that all human beings have in common is that we are all born of a woman. This Mother’s Day I’ll be looking at our expectations and understanding of Mothers and of Mothering.

15 *Celebrate Us!*

Lori Allen, Ruth Appleton, Rev. Charlotte Cowtan, Jen and Jim Coppoc
Recognition of Seniors

Single Service at 9:30, Congregational Meeting at 10:45 am

One more year the wheel has turned. Today is a day to say thank you to our religious education volunteers and participants through music, story and ritual. Through our Bridging Ceremony, we acknowledge our high school seniors and the importance of their time in UUFA religious education and youth programs as we bid them Godspeed on their journey into adulthood. Merry meet, and merry part, and merry meet again!

22 *A Free and Responsible Search*

Rev. Charlotte Cowtan

As a Unitarian Universalist congregation we covenant to affirm and promote “a free and responsible search for truth and meaning.” This is the principle that makes it clear that as Unitarian Universalists, we are not free to believe whatever we want – but rather to believe what we must.

29 *Personal Reflections*

Several speakers shepherded by Sam Wormley

Switch to Single Service at 10:00 am

On this Memorial Day Sunday several members of our congregation will share personal reflections of their spiritual journeys and the meaning of Memorial Day.

June 5 *Theology in Quilting*

Rev. Charlotte Cowtan

Single Service at 10:00 am

Flower Communion Sunday – please bring a few flowers for the communal bouquet.

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For a current
calendar, see www.
uufames.org

**Please see Annual Meeting Agenda on last page of
newsletter.**

Charlotte's Web

When To Call The Minister was written by Universalist minister Peter Lee Scott in 1957. It has been edited, re-created and revised by many ministers over the years. Here is my current version:

When to Call the Minister?

- * When you haven't met me yet, but would like to.
- * Whenever a sympathetic ear might help.
- * When you're going in the hospital or know someone else who is.
- * When someone close to you dies or is critically ill.
- * When you're planning to be married or to end a marriage.
- * When you or someone you love is facing a major life transition.
- * When you have a child to be dedicated.
- * When you've been arrested, or ought to be.
- * When you want to learn more about Unitarian Universalism.
- * When you're scared.
- * When you're exploding with joy and/or pride.
- * When you'd like to make a bequest to the church.
- * When you want me to know about a great book, article, song, movie or website.
- * When you're considering joining the congregation.
- * When you'd like to show me what a good cook you are!
- * When a friend of yours wants to know more about our faith.
- * When you have suggestions about the programs for the church.
- * When you have suggestions for a sermon or worship service.
- * When you'd like to help with a congregational activity.
- * When you want to discuss community issues.
- * When you would like my involvement and/or advice.
- * When you're angry about something I've done or said.
- * When you're delighted about something I've done or said.
- * Anytime you wonder whether or not you should talk with me.

Call: 347-742-1778 (cell)

Email: minister@uufames.org

Faithfully,
Rev. Charlotte Cowtan
Interim Minister

2011-2012 Budget Process

Budget Hearings are scheduled on Sunday, May 1, 10:45 - 11:20 am, and Tuesday, May 3, 7:00-8:30 pm, to provide members answers to questions and provide congregational input. The Board will hold a special board meeting on Wednesday, May 4, to discuss the feedback. The final budget will be submitted at the Annual Meeting on May 15 for congregational approval.

Let Us Ask For Permission vs. Asking For Forgiveness

In my dozen years at the UUFA, I have often heard members use the phrase: “It is easier to ask for forgiveness than to ask for permission.” Does this sound familiar? While I cannot recall a specific time when these words have come out of my mouth, I’m sure they have. Perhaps you have even used this phrase yourself. It is uttered in the context of trying to get something done, and the frustration of not knowing how to go about it. It seems this means-to-an-end tactic is part of the Fellowship culture, an unwritten standard operating procedure. Without too much thought, it appears innocuous enough, but is it? Is it in our best interest to take for granted this method as the best way, or only way, to get things done?

During this time of transition and reorganization, I am rethinking this act-now/apologize-later strategy. For one thing, why would I want to do anything I would have to be sorry for in the future? Alternately, if this is my motto, it not only creates bad karma for me (if you believe in that sort of thing) but it additionally acknowledges I am making an intentional misstep. I deem it okay to consciously bulldoze ahead with my agenda, with an admitted disregard for others. It is secretive and manipulative behavior, and I fully expect to get away with it because I see myself as a nice person acting for the greater good of other nice people who will surely forgive me.

While it is true, I have seen you be very forgiving of me and of others, it is also unkind of me to premeditate the need for it. It’s like me stepping purposely on your toes and then offering you a lame, “Oh, excuse me.” I must think of the potential impact on the other person, and the other person’s feelings. I must apply the Golden Rule.

When I am just one person, acting carelessly alone, I can still manage to leave a wave of scattered confusion in my wake and destabilize the lot of us. When it is many of us, each doing our own things, what kind of tidal wave are we creating? Is this any way to create, maintain and build beloved community? I think not.

The good news is we are becoming more formally organized. With the support of increased office staff, we are creating ways together to get things done, paths to make accomplishing our goals easier, rather than harder. Without the need to create waves to get results, we can and will be in better community together.

I hope you will never hear me say as a solution to any problem, “It is easier to ask for forgiveness than to ask for permission.” If you do, you have my permission to call me on it. I hope we can call each other on it, as old habits are hard to break. The permission we ask is not of the powers-that-be. The permission we ask is of each other, out of courtesy, kindness and respect for one another. So, rather than acting out of frustration and letting the chips fall where they may, let us consult together and work together for a better way of doing and being. Our community will be the better for it!

Deb Kline
UUFA Board President

April Board Highlights:

Key decisions:

- Decided to support the Staffing Recommendations from the Personnel Committee, provided the budget will support it.
- Approved the contracts for the two new Music Coordinators.
- Approved the request from the Ministerial Search Committee for a minimum of \$10,000 and a maximum of \$15,000, depending on the annual budget, to be used for the search. These funds will be kept separately and accounted separately from the regular budgeted funds, subject to audit.
- Moved to designate up to \$2,000 for website redesign with the goal to have it up and running by July 1.

Upcoming Considerations:

- The Board will consider the appointments for the Nominating Committee after it is determined who is serving 1, 2, and 3 year terms.
- The Board will discuss the compiled replies for the Interim Evaluation.
- The Board will consider designated donations and how to handle them.

Stewardship Update

The Stewardship Committee is proud to announce that we have collected \$289,311 in pledges in as we go to press. If we could receive assurance of pledges from people who pledged last year and have indicated they wish to remain active, our total would be \$304,858. If you are one of these, we'd appreciate hearing from you.

- Respectfully submitted, Susan Franzen

Reminder:

Deadline for feedback on the Vision Statement is May 3. Please visit the website to find the on-line survey link or stop by the office for a paper copy to fill out.

Thank You:

Thanks to those in our congregation who make time for Prairie Star District training and connections! **A special congratulations to Erv Klaas**, recipient of the PSD Adult Social Justice Award for his life's work in environmental justice.

The following attended the pre-conference workshop *Mirrors of Privilege: Making Whiteness Visible*: Lori Allen, Carol Barrick, Rev. Charlotte Cowtan, Peggy Earnshaw, Deb Kline, Terry Lowman, Mark Harmison, Stan Henning, Kay Puttock, Mary Richards, Chris White, and Brenda Witherspoon.

UUFA representation at the Prairie Star District Meeting included: Lori Allen, Ruth Appleton, Linda Barnes, Rev. Charlotte Cowtan, David DenHaan-delegate, Helen Gunderson, Erv Klaas-delegate, Deb Kline, Nikki Krueger-delegate, Cheryl Lawson-delegate, Terry Lowman, Jo Ann Masterson, Tom McGiverin, Carolyn Myers-delegate, Lynne Van Valin, Rich Van Valin, Chris White, Brenda Witherspoon, Mark Witherspoon, Sam Wormley-delegate. Participation in conjunction with the youth-con included: Andrew Severin, Rebecca Severin, Iris Brenner, Jonas Ewing, Charlotte Mann, Zach Strah, Ian Werbel, and Emma Wilson.

Dear UUFA,

Greetings! It's Kali Hayslett. For those who have not already heard the glorious news, I passed the Ministerial Fellowship Committee (MFC) with a one, which means I am now in preliminary fellowship of the Unitarian Universalist Ministry. The language is a little complicated because passing the committee doesn't automatically make me a Reverend. In our church governance, it is the churches who ordain ministers. It was the committee's job to judge if they experienced me as a minister, and they did. I have been somewhat disconnected from the Fellowship over the last few years because of school in Chicago and then hospital chaplain residency and my church internship in Des Moines.

I write to you now to share that the end of the journey is in sight. On May 15th, I will graduate from Meadville Lombard Theological School with a Masters in Divinity. On August 14th, I will be ordained by First Unitarian Church of Des Moines at 3 pm in the afternoon. Everyone is invited to join in this celebration and I hope to see many of you there! The final piece is what's next. I have accepted a second year hospital residency in La Crosse Wisconsin that will start on August 22nd. This year will be spent in hospice care. I hope to learn a great deal and be in service to the people I am with. After that I'm not sure but I look forward to keeping you in the loop.

I am sincerely grateful to this Fellowship for your support and care over the many years.

- Kali

Ministerial Search Committee Report

The search for a new settled minister has begun! At a congregational meeting on March 27 your Ministerial Search Committee (MSC) membership was finalized with the formal approval of the slate of four nominated members joining the three members appointed by the board. Your committee includes Linda Barnes, Sarah Carlson, Peggy Earnshaw, Jamie Gurganus, Mark Harmison, Andrew Williams, and Brenda Witherspoon.

The next day the committee met for the first time. Janne Eller-Isaacs, the Ministerial Settlement Representative from the Prairie Star District, met with us at that time to kick off our search. We had an interesting and informative meeting where we got to know each other a bit better. Janne explained the search process as recommended by the UUA, and we asked a great many questions. Following the meeting, we established a secure email list for communications within the committee and a mechanism for securely sharing computer files as we move forward.

The first item on the agenda for your MSC was to plan and attend a retreat with a professional facilitator. The main goals of the retreat were to jell as a team, understand our strengths and weaknesses, prepare ourselves for resolving the inevitable conflicts that will arise, and to agree upon the role of each member. Planning the retreat was perhaps our first test in group processing and decision making. All went well as we put the democratic process (and the email list) to work! Our retreat was April 15th and 16th at Camp Hantesa. With the able assistance of the Reverend Tom Capo, we were able to achieve all these goals and make some terrific food, too! Linda Barnes will serve as the chair of the committee, Sarah Carlson will be the treasurer, Peggy Earnshaw the secretary, Jamie Gurganus the arranger (logistics), Mark Harmison will handle communications and information technology, Andrew Williams will be the "survey monkey," and Brenda Witherspoon will be the packet editor. Of course all roles will overlap and everyone is sure to pitch in with whatever needs to be done.

In the coming months you can expect to hear a lot more about the work of your MSC. While eventually the process of selecting a minister is confidential, there is a tremendous amount of work that will not only be public but will require your input. We will be needing historical information, pictures, information about our community, and most of all a detailed picture of who we are at the UUFA. Everyone will be asked to participate in a congregational survey. This survey is one of the main ways you can express what you want to see in our next settled minister. You can also expect (and have a right to expect) regular progress updates from your MSC and to have ready access to the committee to express your thoughts, ask questions and share your concerns. In the next few weeks we will be establishing some tools to provide good, two-way communications between you and your MSC.

Already there is one tool available: search@uufames.org. Use this email address to contact the committee with questions, thoughts, ideas and concerns. If email doesn't work for you, don't hesitate to speak directly with one of the members of your MSC. We are all in the directory and attend Sunday services regularly.

All of us are excited about the work ahead. We are looking forward to doing the very best job we can to find the best minister to lead the UUFA in the years to come. With your help, we're sure to find what we need!

- Submitted by Mark Harmison on behalf of the Ministerial Search Committee

Thank You:

- To Amy Slagell and Anne Kimber for providing dinners for the Ministerial Search Committee. If anyone else would like to provide a vegetarian dinner for the seven Ministerial Search Committee members, please contact the office.
- To Helen Gunderson for organizing the Fellowship Easter Brunch Potluck and to all of you who helped with food, set up, and clean up.



Spiritual Practice 911

I am just completing the first year of a three-year Spiritual Direction Formation program. It is called Prairie Fire. This class is part of a certificate program of The Des Moines Pastoral Counseling Center.

When I began Prairie Fire, I was delighted to learn about Centering Prayer. This practice, formalized by Father Thomas Keating, a Jesuit Priest, is based on the contemplative practices of early Christian Mystics, or the Abbas and Ammas, of the desert. In this simple practice, one chooses a word that resonates peacefully with them. Words like peace, love, light, one, help, om, or Jesus are often used. One starts by repeating your chosen word over and over. When you might find your mind wandering, you return to the word. This was a change from the two kinds of meditation I'd learned earlier. The first meditation I learned to do was based on Eknath Eswarin's instruction of learning a rather lengthy mantra like the St. Francis prayer for peace or a passage from the Bible or Bhagavad Gita. Repeating that long passage over and over was the meditation. Later I learned zazen, a type of Zen meditation. Simply put, the goal in zazen is to empty the mind, to not think of anything.

While all three of these ways of meditating are wonderful, powerful and potentially transformational, they require a discipline of finding a regular time to do them. I have tried for extended periods of time to set aside time upon waking or before going to bed to do these kinds of meditations. I have committed to being with groups who are engaging in these practices. And, more times than I want to admit, I have abandoned the practices when life, ordinary or dramafied, got in my way. And always, a pang of regret and guilt accompanied the abandonment of the practices.

Ah – enter Welcoming Prayer – the answer to our spiritual practice emergencies. The history of the Welcoming Prayer is a little surprising. It's not an ancient practice, though it's an ancient idea. Mary Mrozowski of Brooklyn, New York — a friend of Father Thomas Keating — developed the method. She was inspired by *Abandonment to Divine Providence*, an early 18th century spiritual work by Jesuit priest and spiritual director, Father Jean Pierre de Caussade. Here is how it works:

Letting In – This is not about indulging, justifying, or amplifying bad happenings or feelings. Rather, this part of the process allows you to name and feel your experience. Feel the emotion or the feeling in your body and take note of where it is. Are you tense, fearful, lethargic, fidgety, hot, sleepy, confused? Just acknowledge what you are experiencing and take note of where you are feeling it in your body.

Welcoming – We are talking about feelings and emotions here. We are not going to welcome things like illness or injustice. We can, however, acknowledge that these things can cause fear and other emotions that become a part of us. We welcome our feelings and emotions because we can only start from where we currently are, and we can only move forward when we accept where we are. We say, “Welcome fear (or sadness, or grief, rage, or whatever your emotion or feeling is called).”

Letting Go – Once we let in and welcome our feelings and emotions, we can let them go. This is the part of the prayer when we understand that there are motivations, often that we are unaware of, behind our feelings and emotions. Letting go means that we are willing to spend time in the great unknown. We understand that we can experience our emotions and feelings without having them interfere with our, or other people's well being. We say:

I let go of my desire for security and survival.
 I let go of my desire for esteem and affection.
 I let go of my desire for power and control.
 I let go of my desire to change what I can not, or should not, change.

Welcoming Prayer is not my spiritual practice, but rather a supplement to my meditation and journaling. It is like a first aid fix for me because I can apply it anywhere until I have time to ponder the deeper, more complex places where my feelings and emotions may be coming from. It can also help with breaking negative thought patterns and it can get you through a tough spot. If you find yourself struggling with the same emotions and feelings, try Welcoming Prayer.

Until Sunday I'll be *Letting In, Welcoming, and Letting Go*

~ Lori Allen

Director of Youth and Children's Ministeries

Coming of Age

Celebrate! Our Coming of Age youth, their families and mentors will be celebrating the completion of the 2010-2011 Coming of Age Program on Saturday, May 7, at 7:00 pm. All UUFA members and friends are invited to join in this celebration where mentors will briefly reflect on the youth they mentored, youth will share their personal credo statements, and we'll all have cake and punch! We hope to see you there.

Space Use Task Force Update

Finishing touches are all that's left on level one and level two at the UUFA. In June, the upstairs spaces will be more fully addressed. It's hard to believe, but we're going to be finishing our projects about one year after the "flood." Thanks to everyone for being so patient during this year of disruption.

Small Group Ministry

Thirty people are going to be participating in the Small Group Ministry (SGM) program beginning in mid-May. Groups will be meeting Tuesday evenings, Thursday afternoons, Thursday evenings, and Saturday afternoons. Contact the UUFA office if you'd like to participate but have not filled out a SGM form. Also, if you thought you signed up but have not been contacted, please let us know.

Special May 15 Service

On Sunday, May 15, at the 9:30 service, we will be honoring our high school seniors. Dylan Larson-Konar, Hanna Vollbrecht, Melissa Munkvold, Eden Marek, Sean Hartmann, Kristen Hill and Pierce Hanway are this year's graduating seniors. At this service, we will also be thanking our religious education classroom teachers and volunteers, and viewing a video about the UUFA that our grade 5-6 students produced. Join us in saying "thanks" and "so long" to this great group of people.

Religious Education – Summer and Fall 2011

Beginning May 8, look for registration and information for our summer and fall programs for children in preschool – middle school. A registration table will be set up in the lower lobby of the UUFA, right outside the UUFA administrative office.

Gallery In The Round Exhibit

"Daring to Be," a photography exhibit focusing on thirty women from the Yucatán region in Mexico, is on display in the Gallery in the Round to June 11, 2011. The Gallery Hours are: Sundays 12:30-1:30, Mondays, Tuesdays, and Thursdays 9-5, and Wednesdays 12:30-7.

On May 5, from 7 to 8:30 pm, there will be a reception and gallery talk with Jann Freed. At about 7:45 pm, Jann will read from her recent book, *Women of Yucatán: Thirty who Dared to Change their World*, published by McFarland Publishing. Mexican snacks will be served. This reception and the exhibit are free and open to the public.

Freed, professor of business management at Central College in Pella and Iowa Sister States volunteer, and George Ann Huck, professor emerita of Spanish at Central College, collaborated on the book and the exhibit. The book profiles 30 women who have dared to challenge gender inequalities set against them at birth in their native Mexico. The idea for the book emerged during the semester Freed taught at Central's Yucatán program. The two paired up to interview 30 women in this patriarchal society. The profiles, supplemented by photographs, describe the women's accomplishments and motivations as well as the obstacles they have confronted.

The bilingual photography exhibit has been displayed in more than 25 locations around the state of Iowa since 2000. The exhibit was shown in Mérida Yucatán in 2004, with most of the profiled women present. This project was supported by grants from Central College, Humanities Iowa, the Iowa Arts Council, and Iowa Sister States Program.

Youth Update

A hush falls over the room that's much too large for the seventy or so attendees who have managed to stay up late enough to watch the youth led worship service at the Prairie Star District Annual Conference. On the other side of the room, the accordion-concertina cover band is packing up their instruments after a three hour show, and the youth begin their service. Sonja, a sophomore from Minnesota, kicks off the service with a piece played on a borrowed violin, beginning the story of learning and service the youth have to tell. The service takes its audience through the day's events, they hear about a panel of speakers from community members who work daily with homeless adults, youth, and children. They then hear about the community service projects that the groups participated in, some packing healthy recipe card boxes, some cleaning out forgotten basement rooms at shelters, and some playing with children of displaced families. Our Charlotte Mann reflects on preconceived notions of homelessness, and how after these experiences our youth see things in another light. Emma Wilson and Ian Werbel take the stage and read a short piece from the perspective of a young homeless couple, conveying with their tone and words the quiet desperation of people who so badly want to believe that everything's going to be okay. The hope of these people is brought to life when Grady, a Des Moines UU youth, plays a rousing toe tapping piece on the violin, and the entire gathering joins in singing a song about building bridges. The chalice is extinguished with some closing words, and the crowd disperses after a long day of workshops and visions of our Prairie Star District future.

I had the pleasure and joy of spending Friday and Saturday night with our six youth who were able to make it to the youth conference that was, thanks to the hard work of Des Moines youth advisor Sara Karbeling, associated with the PSD annual Conference. The youth had a conference room to use at the hotel, and each attended a workshop in the final grouping of sessions, connecting with some of the older members of our faith who otherwise might not have known the youth were around.

My favorite memory of the weekend was watching the youth participate in an activity called "unrequited love." In this activity those who wish to participate split into two groups. One stands on one side of the room, at least an arms width away from any other person, and they close their eyes. Then the group on the other side of the room walks slowly between each person, giving them hugs. The people with their eyes closed are not supposed to hug them back, that's the unrequited part. Then after everyone has hugged those they wanted to hug, they move back to their places, and the roles are reversed, the hugges become the huggers. Being an observer and not a participant was amazing, because I got to watch our youth in action doing what they do best, loving each other. One of our youth couldn't help but return each hug given, and two others found me after the activity was done and said "I didn't get to hug you" and proceeded to do so. This was one of those experiences that serves in my mind as proof positive that this job is the best job in the universe, period.

So to the parents, thank you for sending us your kids, thank you for the work you've done to teach them about the world and how to live in it, thank you for driving them places they need to go and giving them the money to sign up for things like this con, and thank you for trusting us to take care of them. To the youth, thank you for being here, thank you for wanting to spend time with other UUs and for wanting to learn about things you don't know, thank you for being so good and loving, and please know we love you back! To Lori, to Sara, to Sherry, to Rebecca and Andrew Severin, and everyone who made this weekend possible for our youth, thank you, we truly appreciate your efforts.

For those of you who have not had the joy of spending time with our youth, they will be helping out with the film series being offered by the Green Sanctuary group in May, so come and join us for some really interesting films on environmental issues, enjoy locally grown popcorn and rootbeer, and support our youth group in sending our senior students to General Assembly every year for community and connections!

Please contact Ruth Appleton (youth@uufames.org) or Lori Allen (dycm@uufames.org) if you have any questions, comments, concerns for or about the information in this article.

~ Ruth Appleton

The Right Move

Sometimes, the right move is easy.

It might have been a coincidence that my wife and I became ready to invest ourselves more deeply in the UUFA at exactly the same time the Music Coordinator position opened up. It might have been a coincidence that the position opened on the heels of a couple really great musical services we managed to put together. It might have been a coincidence that the Music Committee just happened to be stacked with really great people who share our philosophy, our perspective and our enthusiasm for the journey on which we are about to embark. Any one of these things, we could easily write off as one of the little synchronicities the universe throws our way on an almost daily basis. All of them together—well, that we interpret as a message.

So taking the job was easy. Figuring out what to do with the job now that we've got it is where the real work comes in. To begin, we've laid out three basic guiding principles for all of our future actions.

1) We believe the music is the message. Every good service has spiritual, educational and theological objectives—goals the presenter would like to accomplish with the fellowship. It is our job to do our best to understand each presenter's goals, and to use hymns, solos and all the other opportunities for music during the service to help accomplish them.

2) We believe in the "F" of UUFA. Our goal is Fellowship—the opportunity for all of us to sing together and play together, and the opportunity for those among us who are interested to use the Fellowship to grow as musicians in a nurturing, supportive environment. From the youngest children to the most seasoned musical veterans, we all have a place somewhere in the Unitarian Universalist spotlight.

3) We believe that the Fellowship has an obligation not only to our members, but also to the larger music community. We intend to reach out to local bands and musicians, to support them where we can, and to give those who share our values a venue for expressing them musically. Not only will this provide a real service to the Ames community, but it will also bring what we hope is an unprecedented wealth and diversity of musical talent to our services and programming.

We're walking into a good situation already. The UUFA has talent. The UUFA has energy. The UUFA has the kind of openness and ambition that set the stage for some truly great musical happenings. Over the coming months and years, we look forward to coordinating this talent and energy, and to facilitating the sort of musical connections that will help us all grow as a vibrant, vital, vigorous, musical congregation.

n.b.—This column is intended to be a regular feature in the newsletter and on the website. Our Music Coordinators, Jim and Jen Coppoc, will alternate as authors, and offer new insights on music and the Unitarian Universalist experience each month.

New Movie Series

It's a UU Green Sanctuary film series on three Monday evenings in May. Fellowship members and friends are encouraged to come. Each event will be in the Fireside Room with the movie starting at 7:15 pm. May 9 will be *Green Fire* about the life of Aldo Leopold and his development of the land ethic. May 16 will be *Dirt* about soil conservation and food production with a global perspective. May 23 will be *Ingredients* about the importance of locally grown food and begin with a light, locally-sourced meal at 6:30 pm followed by the film screening and discussion. The series is a collaboration of Erv Klaas, who is the UUGS project leader for continuing education, and Linda Barnes and Helen Gunderson, who are the UUGS project leaders for promoting and celebrating the use of locally grown food. Please RSVP if you need childcare and for the May 23. There will be a basket for free will donations to help pay for screening rights and food. Watch the UU weekly email updates for further information about another light lunch and film screening at 11:30 am on Saturday, May 14, and hyperlinks to trailers for all of the films. If successful, a similar film series will be offered again in the summer or fall. 232-9416 gf@gunderfriend.com. ~ Helen Gunderson

BOOK GROUP

At our April book club meeting we decided to try two books in the next two months. They are both supposed to be easy reads, but if we aren't able to finish them, we'll just move the discussion to the next month. Our next meeting is May 27 at 7:00 pm at the Fellowship. The first month's book is: *Lamb: The Gospel According to Biff, Christ's Childhood Pal* by Christopher Moore. The second book is: *No Biking in the House Without a Helmet* by Melissa Fay Greene. ~ Rebecca Severin

CONSCIENTIOUS CRAFTERS

Next meeting is at 12:30 pm, May 8, in the Fireside Room. Expert or beginner, we invite you to join us for support, encouragement and fellowship. We have lots of yarn and lots of project ideas if you want to use your skills for charitable purposes. Several members visited the Ames Knittery on a fieldtrip in April and will have ideas to share. Another fieldtrip to the 7th Annual Iowa Sheep & Wool Festival on June 11-12 in Adel, Iowa has been suggested and will be discussed. See <http://www.iowasheep.com/festival.php> for more information. Watch the UUFA website for photos of completed auction projects and for more information about our group. All are welcome. ~ Sue Ann Peck

DUSTIN BERGER LIBRARY

New books in the Dustin Berger Memorial Library

Several books have been purchased for the Dustin Berger Memorial Library at the request of Fellowship members. Here are five:

The Eden Express: A Memoir of Insanity, Mark Vonnegut (shelved in Dewey number 616)

Darkness Visible: A Memoir of Madness, William Styron (616)

I am not sick, I don't need help, Xavier Amador (616)

Lincoln's Melancholy, Joshua Wolf Shenk (973.7)

An Unquiet Mind, Kay Redfield Jamison (616.9)

HERETICS & SPIRITUALITY

Over the last year or so on Wednesday nights, our Heretics and Spirituality group has been reading and talking about topics that traditional religion names as "heresy." We've been reading texts - fictional and philosophical - on our culture's fascination with zombies and vampires. Not usual religious discussion topics to be sure. However, as UU's, we've enjoyed ourselves and learned quite a bit from another as well.

In that spirit, we invite new folks, members or friends, to join us for our upcoming new topic. We'll be reading Neil Gaiman's award-winning book called, *American Gods*. Starting on May 4th, from 7 to 8:30 pm, we'll be talking about this book. Here's a quote from a Wikipedia entry to give you a flavor,

"... that gods and mythological creatures exist because people believe in them. Immigrants to the United States brought with them dwarves, elves, leprechauns, and other spirits and gods. However, the power of these mythological beings has diminished as people's beliefs wane. New gods have arisen, reflecting America's obsessions with media, celebrity, technology, and drugs, among others."

Come join us and add your thoughts! Contact the office if you're interested. ~ Paul Nelson & Faith Winchester, Co-Facilitators

PERSEPHONE CIRCLE OPENS TO NEW MEMBERS AND A NEW JOURNEY!

Persephone Circle is open to women on May 23. We'll be studying *The 12 Wild Swans* by Starhawk and Hilary Valentine (ISBN-13: 978-0062516698). Further meetings will be 4th Mondays, 7-9pm. For more information about this magickal, empowering book, please visit: <http://www.starhawk.org/writings/twelveview.html>. Contact people: Liz Rohret (708-4114, lrohret@yahoo.com) and Crystal Tice (520-9139, gnightstar@gmail.com).

The Fantastics, Sunday, May 8, 3:00 pm, at ACTORS Studio in Ames. Give your mother (or the favorite mother in your life) a treat by taking her to see one of the best musicals of all time, presented as a fundraising effort by AMOS in conjunction with StageWest Theatre. Tickets are \$20 and will be sold by participating congregations, or by calling 515-279-2234 or on-line at www.midwestix.com.

WILD ROSE ENGLISH COUNTRY DANCE

We have a thriving dance group and invite you to join us! All dances are taught and called. No partner or experience necessary. Live music by Cecil's Harp. Musicians are welcome to sit in & play with the band.

When? 2:30 to 4:30 pm, 1st & 3rd Sundays

Where? At the UUFA Fellowship Hall

Spring 2011 Dates: 5/15 & 5/29, 6/5.

More Information? Linda Lieberman, 292-8590, lindasuzan@aol; Barbi Greenlaw, 292-5317, brgreenlaw@msn.com. If Sunday isn't a good time for you, a satellite English Country Dance group has formed and meets two Wednesday evenings a month at the First Christian Church. Email Scott Kalberer skalberer@hotmail.com for further info about this group.

WOMEN'S BOOK GROUP'S READING LIST FOR 2010-2011

Our next Book Group will meet May 2 at 7:00 pm in the UUFA Berger Library for a discussion of the book *The Plague of Doves* by Louise Erdrich. This novel set in a farming community in North Dakota and follows the lives of the families, both from the Ojibwe reservation and the white town of Pluto who are affected by a murder on a farmstead. Through the generations, the ripples flow and the mystery of the murderer's identity is revealed.

Please join us for a discussion of this book by one of the UU Book Group's favorite authors. This group is an open group and you are free to join us for any or all of our meetings. Future Discussion Book: June 6 *Rebecca's Tale* by Sally Beauman. ~ Barbi Greenlaw, 292-5317.

WOMEN'S SPIRITUALITY: HAVE YOU MISSED WOMEN'S SPIRITUALITY?

You are not alone. Let's gather again. Open group. No book. No set structure. No commitment. Just community. Second and fourth Tuesday evenings, 7-9, starting May 10 in Classroom 3.

SOCIAL JUSTICE COMMITTEE

There are lots of opportunities to participate in social justice. Remember that by doing social justice with Unitarian Universalists, you are helping to build our UU community. To that end, we want to plan two Fellowship wide Social Justice Witness events every year. For example, we could go as UUFA to Outweek at ISU to show our solidarity with the LGBT community. Or we could go as UUFA to an ML King event. Your suggestions for events are needed.

Also, we would like to plan one Social Justice Action, like Habitat for Humanity, every year. Suggestions needed here, too. If we're doing Social Justice properly, we will have many ways for everyone to participate. Please consider where you would enjoy helping and let Terry know how you'd like to participate. You can do a little or a lot, your choice!

ICCI, Amos, The alternative gift market, Environmental Justice, Green Sanctuary, Racial Justice, Reproductive Justice, LGBT Justice, The Welcoming Congregation, Criminal Justice, Economic Justice, Immigration Justice, Religious Justice

More UU Social Justice websites:

Standing on the Side of Love: <http://www.standingonthesideoflove.org/>

Unitarian Universalist Service Committee Website: <http://www.uusc.org/>

This is where I choose to do disaster relief donations as the UUSC will not force religion on those needing help.

~ Terry Lowman

Sunday Collection:

Our May collection share will go to Emergency Residence Project.

Annual Meeting Agenda

May 15, 2011, 10:45 am

I. Vote on the Slate of Candidates from the Nominating Committee

Slate of candidates:

Vice President of the Board of Directors: Lisa Larson (three year term)

Secretary of the Board of Directors: open as of newsletter printing deadline

Board of Directors members: Bob Haug (two year term)

Board of Directors members: Raj Raman (two year term)

Nominating Committee: Carolyn Myers (three year term)

Endowment Acquisitions & Disbursement Committee: James Pritchard (five year term)

II. Vote on the Annual Budget of Fiscal Year 2011-2012

Members will be required to sign in to indicate attendance and quorum needed (20% or 60 people) for the vote. Voting for positions presented by the Nominating Committee is for the slate of all people nominated as a whole, not on each individual nominee. Voting will be by a show of hands of members present at the meeting.

Members of the Nominating Committee, Finance Committee and Board will address questions. If there are further pro or con comments, a time keeper will be utilized, as comments will be limited to two minutes per person, one comment per agenda item per person.

Unitarian Universalist Fellowship of Ames

Our Mission

We are a diverse community of caring individuals who come together to provide an environment that nurtures and educates our children, stimulates the study and practice of ethical and liberal religious ideals, supports the creative spirit in us all, and demonstrates concern for the environment and the broader community.

Interim Minister: the Rev. Charlotte Cowtanminister@uufames.org – 515-292-5960

Director of Youth and Children's Ministries: Lori Allendycm@uufames.org – 515-292-5960

Office Administrator: Lisa Harmison..... uufa@uufames.org – 515-292-5960

Projects Coordinator: Diana Crosswaitprojects@uufames.org – 515-292-5960

Music Coordinators: Jen & Jim Coppocmusic@uufames.org – 515-292-5960

Nursery Coordinator: Anne Teppernursery@uufames.org – 515-292-5960

Caring Concerns caring@uufames.org – 515-292-5960

Campus Group: Andrew Hanft.....campus@uufames.org – 515-292-5960

Youth Advisor: Ruth Appleton youth@uufames.org – 515-292-5960

Officers of the Board

President	Deb Kline
Vice president	Steve Martens
Past president	Mark Witherspoon
Secretary	Jane Johnson
Treasurer	Fritz Keinert

Board Members

Andrew Hanft	through 2011
Bob Haug	through 2011
David DenHaan	through 2012
Open	through 2012
Kay Puttock	through 2012
Iris Brenner	youth representative

**Next Regular Board Meeting:
6:30 pm, Wednesday, May 11**

The UUFA office is open Sundays 9-1, Mondays, Tuesdays, and Thursdays 9-5, Wednesdays 12:30-7:00 pm.